

REFRESHER COURSE

Physical
Education and
Recreation

1943



THE PURPOSE

In times like these communities call for

LEADERSHIP

SOCIABILITY

RELAXATION

RECREATION

To help meet these needs The National Council of the Y.W.C.A. has arranged, in co-operation with the local Y.W.C.A. to present a three-day course in Physical Education and Recreation.

The course is open to teachers, students, club leaders, and leaders of recreation, both professional and non-professional.

ACTIVITIES

LIMBERING AND RELAXING EXERCISES

A series of exercises to music, with emphasis on flexibility and body control, designed for women.

RECREATIONAL DANCING

Dances ranging from very easy to slightly complicated, suitable for mixed groups. Popular music will be used.

TEAM GAMES

Activities which involve speed, skill and co-operation in competition.

FOLK DANCING

Fundamental folk rhythms and dances.

RHYMES AND RHYTHMS

Stunts of skill and co-ordination in rhythmic movement for children.

SOCIAL GAMES

Mixers, social stunts, and group games which offer an opportunity for self-expression through play.

COUNTERACTING FATIGUE

A lecture and discussion of problems of posture, fatigue and efficiency of movement.

GENERAL INFORMATION

Registration for complete course	-	-	-	-	\$3.00
Registration for single class	-	-	-	-	.50

MIMEOGRAPHED NOTES

(Published by The National Council of the Y.W.C.A.)

These notes will include the material taught at the course and the necessary music - - - .50

Classes will be held as follows:

4.30 — 5.30 p.m.

7.00 — 8.00 p.m.

8.00 — 9.00 p.m.

Activities will vary somewhat in each local Y.W.C.A. Please consult your Association for details of timetable.

INSTRUCTORS

THE SECRETARY FOR HEALTH EDUCATION IN EACH Y.W.C.A.

DOROTHY N. R. JACKSON, B.S., M.A.

Assistant Professor of Physical Education,
University of Toronto.

Formerly member of the staff of The Margaret Eaton School
Physical Director Y.W.C.A., Winnipeg.

ZERADA SLACK, B.A.

Secretary for Health Education,
National Council Y.W.C.A.

Formerly Physical Director for Women, Mount Allison University
Assistant Physical Director for Women, McGill University
Physical Director Y.W.C.A., Montreal.

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REFRESHER COURSE CENTRES

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MARCH } Winnipeg and Brandon
15-16-17 } at Winnipeg.

MARCH } Regina and Moose Jaw
22-23-24 } at Regina.

MARCH }
29-30-31 } Calgary.

APRIL }
5-6-7 } Vancouver.

APRIL }
8-9-10 } Victoria.

APRIL }
14-15-16 } Edmonton.

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For further information address
The Local Y.W.C.A.

or

The National Council of the Y.W.C.A.
571 Jarvis Street, Toronto, Ont.



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